How Much More Tobacco Will My Heart Stand?

A Vital Question for Every Man Who Smokes or Chews to Answer.

May Cost a Life to Find Out By Experiment

The heart of every user of tobacco bears a double burden. It does its allotted task and then fights nicotine for supremacy. As long as the heart wins he lives; when it loses he dies, but before the final victory of nicotine you pass through many stages of decline and decay and suffer many pangs Hearts are like human beings—some are stronger than others, therefore some hearts will stand more tobacco than others, but there is a limit to what any heart can stand. The man who puts this additional strain on his heart a dozen times a day by smoking cigarettes, a pipe or cigars—or chewing tobacco—is taking a madman's chance with health and life to lose and nothing to win but the chance that he may lose them He is indulging in a costly habit at the expense of precious health. Ask any doctor anywhere, and he will tell you that using tobacco is injurious and that it is far better to quit the habit than to experiment to find out how much tobacco your heart will stand without serious results.

But the thought of quitting is unpleasant to most men—even to those who know that tobacco injures them—and to really quit takes more will power than they have and causes more suffering than they can voluntarily endure. To quit the habit, make it easy for yourself by getting Nicotol tablets and taking them as directed. The habit really quits you and its departure is a pleasure equal to its indulgence.

If you want to know how much easier it is to quit the habit with Nicotol than without it, go twenty four hours without tobacco and note what an effort it costs you, then begin using it as usual and take Nicotol tablets. At the end of a week discontinue smoking or chewing for a day and it is probable you will have no desire to resume. At least your desire will be greatly diminished and another week or two should make it not only possible, but a pleasure to quit.

Manufacturers' Note· Nicotol is sold under the positive rguaaetneemfwyp under the positive guarantee that it is not injurious; that it contains no habit forming drugs; that it will help any man to throw off the tobacco habit, and that any druggist will refund the entire purchase price if it fails. It is dispensed in Salem under this guaranty by D. J. Fry and other good druggists.

DAVIDSON'S IDEAL BREAD

White Whole Wheat Raisin

DELICIOUS and APPETIZING

TRY IT!

And Be Convinced

On Sale by

The Peoples Cash Store

178-186 North Commercial St. Phone 453

LIGHTNING STRIKES

(Continued from page one)

Eugene and other points in the Willamette valley experienced a thunderstorm today of the middle west variety. A bolt of lightning struck the steel bridge here, putting it out of commission. Another splintered a flagpole just as a steeplejack was preparing to paint it.

The rain fell in torrents for a short period. Then the clouds cleared away.

Vessels in the Willamette were forced to remain at their berths. The lightning damaged the bridge's electrical mechanism. It flashed down to the bridge pavement and consumed a pile of briquettes.

H. E. Henry who was preparing to paint the flagpole lost his job.

"It's a hunch for me to quit the business," he said.

BRYAN HEADLINER

(Continued from page one)

Whitney, who is in a class by himself in rapid-fire impersonation presented the finest type of monologue ever heard in Salem. A chameleon would have gone paralytic in the attempt to follow Whitney in his lightning changes from a gushy, cackling old maid to a "roughneck" just out of Sing Sing. The play "Turn to the Right" is equally divided between laughter and tears and tense drama; and to present it faithfully is not only a grilling task but displays genius of the highest order. The chautauqua is fortunate in securing such an attraction.

Today there is a combination of entertainment and education that will emboss the date on the calendar, with the Recital Artists, Mary Adele Hayes and Elsie Mae Gordon furnishing music and impersonations and with Bryan and Ida M. Tarbell filling up a long evening with lectures that will deal with the greatest themes now before the world. It should be borne in mind that in order to make room for this great evening's work, the session will begin promptly at 7:30, and ticket holders are urged to be on hand promptly. Miss Tarbell who has recently returned from the peace conference, will speak upon the work of that body. Mr. Bryan will begin his address about 9 o'clock, dealing with the problems of reconstruction and nobody will be interested in knowing when his lecture will close, for Bryan's faculty for holding human interest is equal to his vocabulary.

But 19 teachers in a necessary force of 45 have been secured for the Marshfield city schools.

HER DAUGHTER WAS SAVED FROM OPERATION

Mrs. Wells of Petersburg Tells How.

Petersburg, Va.—"For two years my daughter suffered from a weakness and pains in her right side; at times she was so bad she could not do any work. For two years she was attended by the best physicians here, and both agreed that she would have to be operated on. I suggested Lydia E. Pinkham's Vegetable Compound, and at first she refused to take it, but finaly consented. From the very beginning it helped her, and now she is entirely well, and telling everybody how much good it has done her."—Mrs. W. D. WELLS, 226 North Adams Street, Petersburg, Va.

If every girl who suffers as Miss Wells did, or from irregularities, painful periods, backache, sideache, dragging down pains, inflammation or ulceration would only give this famous root and herb remedy a trial they would soon find relief from such suffering.

For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

VICTOR POINT

(Continued from page one)

About 10 per cent of the 19,552 acres is in winter wheat, but oats is the leading crop with 2735 acres. Spring wheat is credited with 552 acres, barley 39, rye 240 and corn 288. The acreage of potatoes in this Waldo Hills section around Macleay is 62 while only 2 acres are planted to field beans.

It is in apples that this section of the county excels as here we find 386 acres in bearing with 139 acres coming on. It is an old time cherry section as the acreage is 102, but only one acre coming on. Pears claim but 19 acres and no peach acreage is reported.

Prunes are strong around Macleay as there is an acreage of 492 bearing with 57 acres non-bearing. There are nine acres of walnuts with 80 not yet producing. Loganberries receive but little attention as out of the 19,552 acres in this section, only 53 acres are in producing logans. This is somewhat of a strawberry district as 50 acres are reported.

The Waldo Hills is a section of big farms. Among the extensive land owners reported are the following: Edith Waldo 940 acres with none at all in cultivation. She lives in Portland. Jacob Fox 260, Frank Patton 290, F. W. Prien 282, Wm. H. Howd 219, W. J. Humphreys 365, S. Martin Jr., 250, Chas. Pearse Jr., 312, G. W. Eoff 320, E. C. Simeral 205 Alf Hersch 318, O. L. Martin 322, Harvey Taylor 424, C. T. Gilber 383, Herman Rieck 338 and E. W. Powers 334 acres.

Out on the Garden road from Salem, and in fact east from all parts of the city beginning at the city corporation line and extending four or five miles east and southeast until within four miles of Turner, there is a section known as Englewood. It is that part of the county in which the five and ten acre tract people live who go into the fruit business. Farther out, in develops into a regular farming section.

There are 10,463 acres in this district, assessed by E. E. Matten. The acreage in grains is 1435 in winter wheat, 75 in spring wheat, 1001 in oats, 5 in barley, 14 in rye, 431 in corn and about 1900 acres in hay crop.

Potatoes are credited with 277 acres, field pease 3 acres and field beans 69 acres. There is 153 acres in bearing apples with 13 acres coming on, 11 acres in bearing cherries, six in peaches and 194 in prunes. But the prune interests are growing as 112 acres are not yet in bearing.

There are 20 acres in bearing walnuts and 30 acres in young trees. The loganberry is planted to the extent of 172 acres. Among the larger land owners here are Charles Caplinger 314 acres, Clifford Brown 208, J. M. Nichols 152, B. B. Gesner 216, P. F. Killien 166, Henrietta McAdams 113, Jacob Stauffer 110 and S. B. Hill 105 acres. This is a district of fine homes and small farms.

Boys! Make a Hit for Mother!

FOR the saving of the mothers, and the health of the growing child the LEE UNIONALL was manufactured.

THEY can be washed---are fast dyes, no special care need be taken. These garments are large, roomy and made for the healthy and growing child.

BOYS' SUITS cost real money today---why spoil good clothes; they are so hard to clean, and are sure to be pulled out of shape in the joys of a healthy game.

STOP! Think which is the most comfortable, economical, and cool for your child.

The Boy of Today is the Man of Tomorrow---Give Him his Chance to be Healthy!

BLUE AND RED	KHAKI AND RED
LIGHT BLUE AND RED	BLACK AND WHITE
DARK BLUE AND RED	TRIMMED IN RED

THESE have many new and good features manufactured into them; the drop seat, among the many, and have plenty of pockets. Extra well stitched and made full and roomy Heavily reinforced at the critical points.

Priced at $1.50 Each

Kaynee shirts and blouses for boys, in the sport blouses; the best and most economical garment made for the boy.

Every Family in Marion and Polk Counties a Patron.

Salem Woolen Mills Store

SORENESS in joints or muscles, give a brisk massage with—

VICK'S VAPORUB

"YOUR BODYGUARD"-30¢, 60¢, $1.20

An Open Letter From Dr. Parker

DR. PARKER
Founder and Executive Head of the E. R. Parker System

The Dental Office using the E. R. Parker System, which has been established in this city, is the outgrowth of an idea that came to me over a quarter of a century ago.

I was a dentist, with only two hands, and my professional ability was limited to what those two hands could do.

I saw that I could do no more with those two hands in a dental way than Rockefeller could do with his two hands in an oil way.

And so I began to use my head.

It was as plain as the figure 1 that by training one man to extract teeth, another to fill teeth, another to make artificial teeth, and so on, and then associating these men in one office and having them work together, there was no limit to what might be accomplished; almost no limit to the reasonable prices at which fine dentistry might be done.

It meant that materials and supplies could be bought in great quantities at wholesale, and the saving could be taken off the bills which the patient pays.

It meant that no time would be lost in operating, and a saving of time is always a saving of money.

I carried out this idea in one office and it worked—worked better than I had ever hoped.

If one office was a success, why not two or ten or twenty or any number?

So I began establishing offices using the E. R. Parker System as fast as I could find competent dentists to conduct them, with the result that there is a Parker System office in this city.

This briefly describes the E. R. Parker System, based on the idea of lowering the price of dentistry by doing more of it and doing it better.

No charge is made for examinations of teeth, counsel or advice.

You are invited to visit this office, where you can see what modern dentistry has grown to be, and how little the price will be to have such work done as your teeth require.

E.R. PARKER SYSTEM

Registered Dentists Using the

E. R. PARKER SYSTEM

303 State St., Salem, Oregon

Wallace Hylander
Fred G. Bunch
Ray J. Greer

The maintenance of rigid high standards is difficult, but absolutely necessary in the production of

HOLSUM BREAD

Buy it fresh and warm from your grocer